# Post COVID-19 Psychological Impacts on Recovered Teachers Working in Different Level of Educational Institutions of District Karak, Khyber Pakhtunkhwa, Pakistan

**Kalim Ullah [1*], Ayesha Ihsan Qazi [1]**

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[1]Khyber Medical University Peshawar Pakhtunkhwa, Pakistan

*Corresponding author: Kalim Ullah
ukalim696@gmail.com
1* Government Post Graduate College Karak, Khyber Pakhtunkhwa, Pakistan

The current study was carried out with the aim to examine and access post COVID-19 psychological impact on individual working in educational institutions of district Karak, Khyber Pakhtunkhwa. Post traumatic stress of that disease results in fear, stress, anxiety and other psychological disturbance. In such circumstances teaching where close contact environment is the need however, with a fear of insecurity and exposition to disease by contact. That's why a study is necessary to cope the problems in light of observations. The present research work was designed on questionnaire base of research to teachers for exploring the the milling and psychological impacts over their teaching profession. Over analysis study of psychological indices were recorded as, fear 75%, lack of sleep 73%, depression 86%, stress 84%, anxiety 82%, grief 93%, anger 80% and headache 55%. It was recorded that the highest psychological distress due to COVID-19 is grief 42/45 (93%) among the sample population while the lowest is headache 25/45 (55%). This showed that Coivd-19 made lives of district Karak limited and their is no any healthy recreation opportunities for them to be mentally attached there.

**Keywords:** Post, COVID-19, Psychological, Individuals Working, Educational Institutes, and Karak.

## 1. Introduction

Corona virus disease 2019 (COVID-19) is a contagious disease caused by the corona virus 2 that causes severe acute respiratory syndrome (SARS-CoV-2). Earliest case that was recognized and displayed to the media was in December 2019 at the city of Wuhan belong to China [1]. This outbreak or COVID-19 in china was sooner declared by the World Health Organization (WHO) for the Public Health Emergency which should be concerned as a Global threat on January 30, 2020, posing a high risk to countries with vulnerable health systems. According to the emergency committee COVID-19 spread could be slowed by early detection, isolation, treatment and the implementation of robust contact teaching system [2].

The Corona virus has wreaked havoc on educational institutions all over the world. Along with the institution's closure, the virus's negative impact on the human population had a negative impact on the professionals at various educational institutions. They investigated the fact that, due to the rapid spread of this disease, the World Health Organization declared social distancing in order to control the spread of that virus. In Pakistan, all institutions are closed. This shutdown had an impact on education as well. Depending on the circumstances, digital education is taking its place. For prediction of the effectiveness of distance learning an

evaluation survey was carried out in Lahore city of Pakistan. To address the issue of students education facilities A modern approach was introduced, which included Zoom and other Learning Management System (LMS) by institutions all over the world. Online education is a cutting-edge method of instruction [3].

When organisms are confronted with an uncontrollable condition, there is a decrease in the frequency of exploratory behaviours and an increase in fear. These are some of the depressive and anxiety symptoms caused by the COVID-19 pandemic [4]. According to Reisinger's (1972) research, behaviour analysts could use tele-health to reduce these symptoms in contexts of social distancing. This does not arise problems between the therapist and clients, even it become a public and ethical problem. Since the beginning of social isolation, violence against women has increased, primarily because the aggressor and their victims are isolated. A similar phenomenon was observed in rats by Azrin, Hutchinson, and Norman (1964). The longer the duration of adverse stimulation, the more likely subjects were to become aggressive [5]. Julio Torales et al. (2020) investigated the COVID-19 outbreak and its global impact on human mental health and concluded that COVID-19 has a negative impact on people's mental health. Hitherto the the consequences of COVID-19 outbreak on individuals psychology at international level, however such outbreak may results in upcoming era. In 2015 outbreak of MERS-CoV in Korea, suffering peoples were considered to filtration of blood in a safe and separate surrounding. After a couple of weeks red blood cells proportion in blood was checked which showed relatively lower concentration of ions like $Ca^{+2}$ and P level. This implies that the high level of stress experienced by hemodialyzed patients during the Korean MERS outbreak [6].

During the 2003 SARS-CoV outbreak in Taiwan, the majority of emergency department and psychiatric ward personnel developed post-traumatic stress disorder (PTSD). Furthermore, emergency department personnel have been found to have more severe PTSD symptoms than psychiatric ward personnel [7]. Indeed, emergency personnel reported feelings of interpersonal isolation as well as apprehension that they would spread the virus to their relatives. At he time of COVID-19 predicament, staff individuals of health-check doing their job in Wuhan city. During the COVID-19 emergency, health check workers in Wuhan confronted to the maximum exposure of health issues, annoyance, discrimination, feeling of solitary, negative emotions, disconnection with families and mental fatigue [8]. Mental strain, emotional trauma, saddening, sleep disorder, laziness, hyper emotions and frightfulness were the main cause of that situation. The proportion of post-traumatic stress disorder (PSTD) in overall human population was between 4% to 41%, however the ratio sadness was 7% due to epidemic [9].

Andria Pragholapati (2020) from the University of Pendidikan Indonesia in Bandung, Indonesia, conducted research on the impact of covid-19 on students. They demonstrated that COVID-19 is pneumonia, which first appeared on December 31, 2019 in Wuhan, China and then spread throughout the world. The continued spread of the epidemic, strict isolation measures, and delays in the opening of schools, colleges, and universities across the country are all expected to have an impact on students' mental health.There have been reports of the epidemic's psychological impact on the general public, patients, medical staff, children, and the elderly [10]. When confronted with a public health emergency, psychological perception was badly effected,

leading to ill thinking, support and help from the society, and health institutions. It is recommended that the government should take innovative steps to remove the crisis of mental health of students and provide effective opportunity of learning for students during outbreak [11]. People who are under severe stress and isolated frequently exhibit symptoms of psychological stress and disorder, such as low mood, insomnia, stress, anxiety, anger, irritability, emotional exhaustion, depression, and posttraumatic stress symptoms (Khodabakhshi-koolaee 2020). Syeda Beenish Batool et al. (2020) conducted a study on university faculty during COVID-19 and online teaching. The goal of this study was to conduct an online survey on the prevalence of occupational stress among university faculty in online teaching in Pakistan during the COVID-19 outbreak [12].

## 2. Methods

### 2.1. Study Area

District Karak Khyber Pakhtunkhwa, Pakistan, is situated at an altitude of 70.40°-70.30°N and the longitude of 32.48°-33.23°E. It is situated at 340m above the sea level. According census document of 2017 (GOP 2007), the total number of dwellers of the district were counted 7,06,299 individuals [13]. During COVID-19 pandemic the total positive cases reported were 1,913 from November 2010 to March 2021. Out of these positive the death occurred were 39 (2.04%) while 1,874 (96.94%) patients were recovered from the disease. The detail record is present at District Head Quarter (DHO) Hospital Karak, Khyber Pakhtunkhwa, Pakistan [RRT Team II, Karak, Khyber Pakhtunkhwa, 2021].

### 2.2. Time Frame of Research

The present research work was conducted in district Karak from July 2020 to January 2021.

### 2.2. Data Collection and Analysis

The current research was conducted for post psychological effect of COVID-19 on recovered teachers working in educational institutions of district Karak. Data collection and analysis is made through visit to various educational institutions, where 45 COVID-19 recovered willing teachers psychological data was collected through questionnaire. After that data was analyzed statistically through SPSS software. The data was analyzed statistically correct giving $P\text{-}value < 0.05$.

## 3. Results and Discussion

During our research study we selected 45 recovered teachers of educational institutions of both gender for examination of their post COVID-19 psychological effect on their physiological activities. We made a survey through questionnaire from 28 male and 17 female teachers . Psychological distress that was commonly found in male teachers includes, fear 85%, lack of sleep 67%, depression 92%, stress 78%, anxiety 75%, grief 96%,

anger 71% and headache 50%, while in female teachers includes, fear 58%, lack of sleep 82%, depression 76%, stress 94%, anxiety 94%, grief 88%, anger 94% and headache 64%.

Table 1 Psychological Distresses Related to COVID – 19 Commonly Found in the Sample

| Psychological Distress | Total Sample | Males 28/45 (%age) | Females 17/45 (%age) | Overall prevalence (%age) |
|---|---|---|---|---|
| Fear | 45 | 24/28 (85%) | 10/17 (58%) | 34/45 (75%) |
| Lack of sleep | 45 | 19/28 (67%) | 14/17 (82%) | 33/45 (73%) |
| Depression | 45 | 26/28 (92%) | 13/17 (76%) | 39/45 (86%) |
| Stress | 45 | 22/28 (78%) | 16/17 (94%) | 38/45 (84%) |
| Anxiety | 45 | 21/28 (75%) | 16/17 (94%) | 37/45 (82%) |
| Grief | 45 | 27/28 (96%) | 15/17 (88%) | 42/45 (93%) |
| Anger | 45 | 20/28 (71%) | 16/17 (94%) | 36/45 (80%) |
| Headache | 45 | 14/28 (50%) | 11/17 (64%) | 25/45 (55%) |
| Total /Maximum | 45 | 27/28 (96%) | 16/17 (94%) | 42/45 (93%) |

**Figure 1 Male Psychological Effect Ratio**

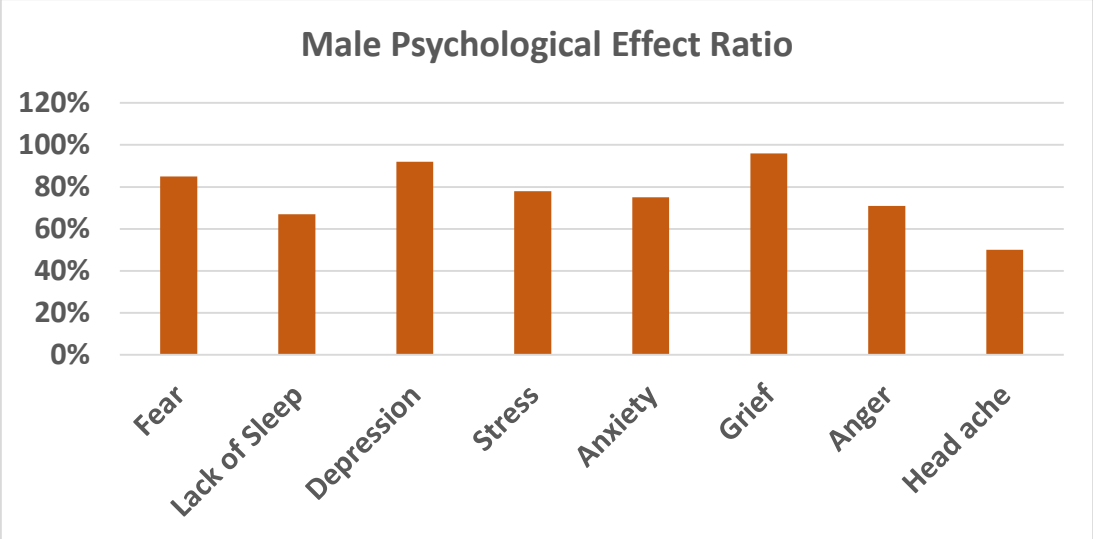
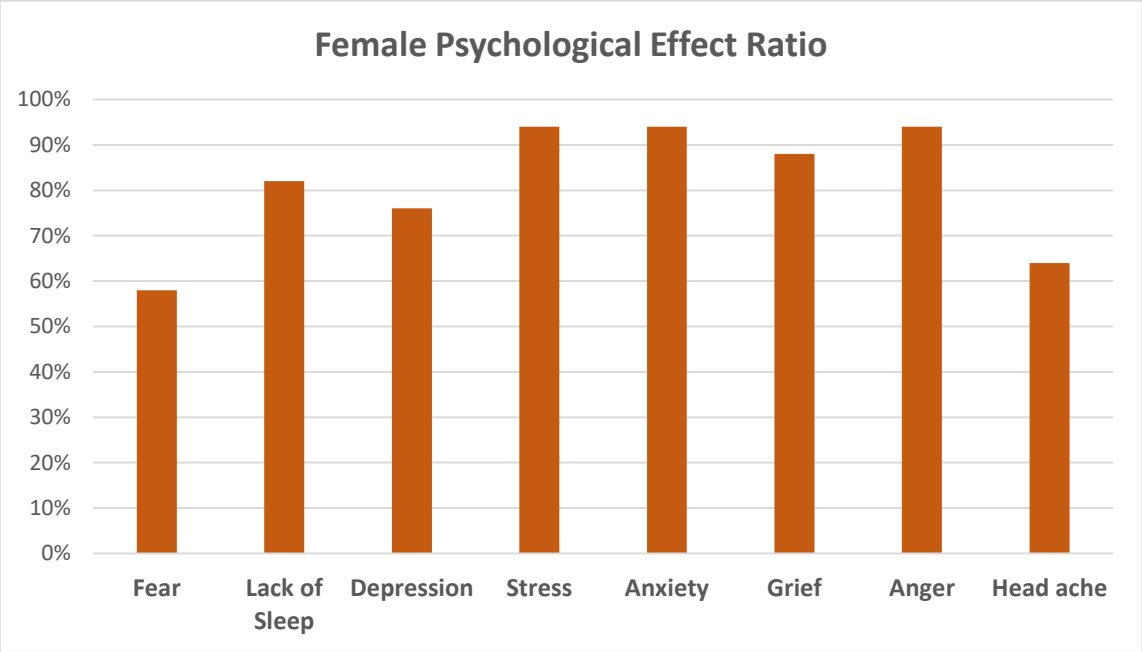


**Figure 2 Female Psychological Effect Ratio**




### 3.1. Gender wise ratio of Post COVID-19 Psychological Impression of Individuals

In current study we ask for psychological opinions from recovered individuals of COVID-19 including both gender. The research study of district Karak various educational institutions individuals showed that males are more psychologically disturbed than that of females due to their social gathering and other mental pressure in the society and home.

### 3.2. Overall ratio of Post COVID-19 Psychological Impression on Individuals

Overall ratio of psychological distress was recorded as, fear 75%, lack of sleep 73%, depression 86%, stress 84%, anxiety 82%, grief 93%, anger 80% and headache 55%. During questionnaire survey of research it is recorded that the highest psychological distress due to COVID-19 is grief 42/45 (93%) among the sample population while the lowest is headache 25/45 (55%).

Discussion: The current study was designed to find out of post psychological effect of COVID-19 recovered individual working of district Karak, Khyber Pakhtunkhwa. A total 45 recovered teachers of various levels of educational institutions were interrogated for their personal observations regards COVID-19. The overall ratio of psychological distress data obtained through questionnaire was recorded as, fear 75%, lack of sleep 73%, depression 86%, stress 84%, anxiety 82%, grief 93%, anger 80% and headache 55%. At the time of 2003 spread of SARS-COVID-19 in Singapore, medical professionalists mental disturbance was recorded 27% (Lee, Kang et al. 2018). Similarly epidemic of SARS-CoV in 2003 in Taiwan city of Japan, medical worker of different health departments developed with stress disorders. Individuals working in casualty have got more

stress disorders than those working in mental-health chamber [7]. Staff individuals working in casualty department have got the negative perception that they are transmittable host for virus and may infect own family members. During the threatening alert of COVID-19 health department staff in Wuhan were facing more risk of disease, improper safety from infection, more duty, anger, hypertension, feeling of inferiority, alienation, limited connection with their beloved ones and mental tiredness [14]. Present condition is causing psychological issues like anger, hypertension, lack of sleep, laziness and fright. The proportion of post-traumatic stress disorder (PSTD) in overall human population was between 4% to 41%, however the ratio sadness was 7% due to epidemic [8].

Jones et al. (2017) conducted a study on how the current situation is causing mental health issues such as stress, anxiety, depressive symptoms, insomnia, denial, anger, and fear. The prevalence of PTSD in the general population has ranged from 4% to 41%; the prevalence of major depression increased by 7% following the outbreak. The survey conducted as part of our research showed result that was bonafied to those of the preceding work. The variation was caused by a lack of refreshment activities and other such resources, which engaged the patients and made them less focused on themselves.

Syeda Beenish Batool et al. (2020) conducted a study on university faculty during Covid-19 and online teaching. The goal of this study was to conduct an online survey to determine the prevalence of occupational stress among university faculty in online teaching in Pakistan during the COVID-19 outbreak. As a result, this survey describes university teachers' perceptions and concerns about taking online classes, which have become mandatory due to the spread of the Corona virus. The sample included 183 teachers (120 females and 63 males) from both public and private universities in Punjab, Pakistan. According to the findings, the major causes of occupational stress among teachers are a lack of technical support, work-family conflict, work overload, and a lack of training for online teaching. Meanwhile, a face-to-face classroom setting can provide faculty and students with immediate feedback on the quality of lessons, delivery, and experience. A teacher can observe students' body language in a classroom setting, and these nonverbal cues allow the teacher to immediately adjust their teaching approach to best suit the students' needs. Our research findings were similar to those mentioned in the article. Due to internet issues and a lack of proper communication between them, teachers and students in online education were unwilling.

## 4. Conclusion

The present research work was designed and conducted for exploration of district Karak peoples' psychological impacts they gain during the COVID-19 outbreak. Almost every interrogated individual have got fear and depression. This showed that Coivd-19 made lives of district Karak limited and their is no any healthy recreation opportunities for them to be mentally attached there. The outbreak of COVID-19 many people loss their job which made lives people harder for survival also become a factor of being depress. As all of the business and industries are closed due to lock down making people sad of their future and progress. Government is need to take proper control over the outbreak and provides recreational sites through different sources and convince people regards the policy and rules to be followed during lock

down, avoiding from any psychological distress. Government should provide vaccination for their people to be strongly prepared against any microbial infections in future and prevent from another lockdown in future.

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